

InsideOut

It's Your Health; Own It!



November 2015

In This Issue: Holiday Stress, Wellness Spotlight, Weight Loss Convoy Deadline, Fit Tip

Diabetes Awareness

Whether you are one of the nearly 30 million Americans living with diabetes or the 86 million with prediabetes, or you simply want to live a healthier lifestyle, join us in making Hanford a healthier workforce. This month we are raising awareness of this growing chronic disease and focusing our attention on the many issues surrounding diabetes.

What causes diabetes? Insulin is a hormone produced by the pancreas to control blood sugar. Diabetes can be caused by too little insulin, resistance to insulin, or both. The two main types of diabetes are as follows:

Prediabetes—A condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes. People with prediabetes are at increased risk for developing type 2 diabetes, heart disease, and stroke.

Type 1 diabetes—Most often diagnosed in early in life, the pancreatic cells that make insulin stop working. Daily injections of insulin are needed.

Type 2 diabetes—This is much more common and often occurs in adulthood. Type 2 diabetes is caused by a problem in the way the body makes or uses insulin, resulting in high blood sugar.



Are you at risk for type 2 diabetes? Learn about your modifiable and non-modifiable risk factors at [American Diabetes Association](http://AmericanDiabetesAssociation.org). Take the pledge to lower your risk for type 2 diabetes by making just a few small changes, such as staying healthy with exercise and healthy eating.

Looking to prepare a healthy Thanksgiving day meal? The American Diabetes Association (ADA) provides information, tips, and recipes to ensure a flavor-filled holiday. In addition, the ADA provides information on making better food choices during your long work day in town or out on Site.

Visit diabetesforecast.org or call 1-800-DIABETES for resources for planning and preparing healthy meals for work and at home.

Featured Presentations

Invite us to your next meeting! To schedule a presentation, call us at 376-3939 or email omchew@rl.gov.

Cold and Flu Prevention

Covers signs and symptoms and differences between seasonal cold and flu, prevention, and treatment.

Know Your Numbers

Provides information about general preventive screening recommendations for adults, recommended ranges, and lifestyle modifications.

Chronic Disease Management

Provides basics for management of chronic illnesses such as diabetes and heart disease.

Stress Management

Information about the various types of stress, reducing stress, and coping with change.

Computer Workstation Ergonomics

Learn how to improve ergonomics in the office setting, adjust awkward postures and prevent common pain and discomfort while on the job.

Managing Holiday Stress

Once again the holiday season is upon us! The holidays bring feelings of love and cheer and are undeniably a favorite time of year for many. However, the holiday season is also a source of stress for many of us. The sometimes frantic rounds of gift-giving, parties and activities, and intense marketing pressures can make the holidays a nightmare. Here are some common stress triggers:

Too much to do: Decide what's really important to you and your family, and limit planning to just those things. Cut out the things that make you feel stressed. Get organized. Make lists of tasks and schedule them in a planner. Delegate!

Too many gatherings: Say no to events that aren't important to you. Focus on the events and traditions that make the season special to you and your family. Too many happy events are sometimes no longer happy because we are too exhausted to enjoy them.

Money stress: Develop a spending limit and stick to it. It's okay to communicate a budget to your children. Don't buy gifts that you'll spend the rest of the year paying off.

Too much family time: Too much of a good thing can be a bad thing. Strive for a healthy balance between bonding and alone time.

Not enough togetherness: For those who don't have strong family ties, loneliness can be a problem. Reaching out to those who are alone can ease that loneliness and enrich the lives of all involved.

Perfectionism: Avoid the idea that everything needs to be perfect and that you are the only one who can make it so.

Don't forget that you must take care of yourself in order to give your best to your loved ones. Remember to exercise your right to a workout; limit extra calories to avoid holiday weight gain; and maintain a healthy sleep schedule. Happy Holidays!

Upcoming Health Promotion Events

November 11	WorkFit Leader Training
November 14	Columbia River Classic
November 14	Tri-Cities Diabetes Coalition Health Fair 8:30AM—12:00PM Free Admission Bethel Church, Richland
December 3	HPMC OMS Health Fairs
December 9	WorkFit Leader Training
December 10	HPMC OMS Health Fairs

Congratulations, Bruce!

Colonel Bruce Cameron, Commandant of the Patrol Training Academy, competed in the 2015 Nevada Police and Fire Games Regional Competition this summer in Las Vegas. Bruce had a fantastic showing, winning 5 Gold Medals and 1 Silver Medal!



Bruce won the Track and Field events of: Long Jump, 50m Dash, 100m Dash, 200m Dash, and the 400m Dash. He placed second, winning a Silver medal, in the Combat Pistol competition. Bruce was the first Hanford Patrol representative to attend the Police & Fire Games Regional Competition, and has been invited to represent Hanford Patrol at next summer's National Police & Fire Games in San Diego, and the World Games in Montreal in 2017! Way to go, Bruce!!

Tobacco Cessation Program Registration is Open Now

When: Program starts **January 11, 2016** and ends March 14, 2016. The class meets each Monday at 3:30pm for 10 weeks.

Where: 1979 Snyder Street, Room 136

Registration is REQUIRED and space is limited. Contact Kelly Harnish at 376-3939 or email omchew@rl.gov for registration and information. Because the class may meet during work hours, obtain your manager's approval to attend.

2016 Weight Loss Convoy Program Deadline

If you are a Hanford employee and have 50 or more pounds to lose and are ready to begin a journey to a healthier life give us a call. The deadline to sign up is **December 31, 2015**. The class size is limited and RSVP's are required. If you are interested or have questions please call us at 376-3939 or email omchew@rl.gov.

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Pep Talk – Be a Health Star

The holiday season is festive – and busy. Extra demands can leave you yearning for a nap. Boost your energy 4 ways:

- 1. Get 7 to 9 hours of sleep a day.**
- 2. Move.** Exercise is one of the best ways to increase energy.
- 3. Fuel up** with nutritious foods.
- 4. Relax every day.**

Put some pep in your step: The right choices keep you energized all day long.

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***Fit Tip:* Healthy Holiday Gift Ideas**

Need practical gift ideas for the health nut in your life? Here are some picks that are sure to inspire a healthy lifestyle:

For the tech lover: Track your steps, distance, calories burned and much more with products such as, the [Jawbone Up Move](#) and the [Fitbit](#).

For the chef: Make healthy homemade treats with the [NutriBullet](#) or the [Yonanas Deluxe Ice Cream Treat Maker](#).

For the video gamer: Get your gaming friends on their feet and track calories burned with games such as *Zumba Fitness World Party* and *Body & Brain Connection*.

For the stressed and sleep deprived: The [Tranquil Moments Bedside Speaker](#) has 12 relaxation sounds to aid in a peaceful sleep. Give the gift of yoga with [Yoga for Beginners Kit](#).

For the adventurer: Trekking poles and a CamelBak are perfect and practical gift ideas for the outdoorsman in your life. Don't forget backpacks, sleeping bags, and first aid kits are always a hit.

Classic Holiday Stuffing



Try this healthy and simple version of stuffing this Thanksgiving. Pairing turkey sausage with sweet apples makes for a yummy side dish with half the fat.

We appreciate your readership! If you have questions, want to enroll in a program, or have a presentation request, call 376-3939, email omchew@rl.gov, or visit us at www.hanford.gov/health for more resources. November **BE WELL** Catch Phrase: Enjoy Life!

